Please enroll me in this session:

29

January 8, 15, 22 &

April 2, 9, 16 & 23

Personal Information:

First Name

Last Name

Phone Number

Due Date

22

October 1, 8, 15 &

register or ask any 262-896-8479 to

questions

I will attend class alone

I will bring a support person

2019 Schedule for Childbirth **Education Classes**

JANUARY 8, 15, 22 & 29

※ ※ ※

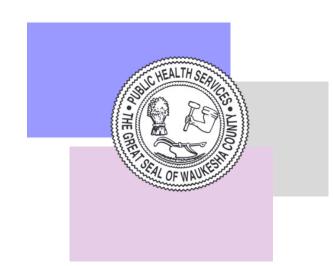
APRIL 2, 9, 16 & 23

* * *

JULY 2, 9, 16 & 23

* * *

OCTOBER 1, 8, 15 & 22



2019 Childbirth **Education Classes**

Preparing for the most important day in your baby's life!



Waukesha County Public Health Division

Located within the Human Services Center

514 Riverview Avenue

Waukesha WI 53188

262-896-8430



Waukesha County's Public Health Division is now offering a series of four Childbirth Education Classes for pregnant women. There is <u>no</u> fee.

Each childbirth can be different. Whether this is your first child or fourth, these classes will help you prepare for the birth of your child.

Each class will focus on a particular topic and include breathing exercises.

Free baby gift after each class attended

- The first class will focus on the stages of labor and the birth process
- The second class will focus on *comfort measures / C-Section info*
- The third class will focus on newborn care
- The fourth class will focus on **breastfeeding** (Breastfeeding classes are also available in Spanish)

Take comfort

in

KNOWING

When: Classes will take place

quarterly on Tuesdays

Time: 12:30 – 2:30 PM

Place: Human Services Center

Room 271

514 Riverview Avenue Waukesha WI 53188



Waukesha County

Public Health

A Division of the Department of Health & Human Services



www.waukeshacounty.gov/pregnancy

Please call
262-896-8479 to register or
ask any questions